

Articles for Newsletters or Talking Points

[Five Facts About Diabetes](#)

[Diabetes Risk Factors: Do You Know Yours?](#)

[Every Family Has Secrets! Could Diabetes Be One of Them?](#)

[Take Five Small Steps to Prevent Diabetes](#)

[Take Small Steps Now to Prevent type 2 Diabetes](#)

African Americans:

[Ten Ways to Shape Up Your Family Reunion to Prevent Type 2 Diabetes](#)

American Indians:

[Ten Ways American Indians Can Prevent Type 2 Diabetes](#)

[American Indians & Alaska Natives: You Have the Power to Prevent Diabetes; The Research Says So!](#)

Asian American/Pacific Islander:

[Preventing Diabetes for Our Future and Theirs: The Diabetes Epidemic Among Asian Americans and Pacific Islanders](#)

Hispanic Latinos:

[Ten Ways Hispanics/Latinos Can Prevent Type 2 Diabetes](#)

[It's Never too Early to Prevent Diabetes \(Spanish\)](#)

Older Americans:

[Five Ways Older Adults Can Be More Physically Active](#)

[It's Not Too Late to Prevent Diabetes: Take Your First Step Today](#)

[What You Need to Know About Medicare and Diabetes](#)

Gestational/Families:

[New Moms Can Prevent Diabetes by Keeping Up Healthy Habits](#)

[Small Steps, Big Rewards for Families with a History of Gestational Diabetes](#)

Youth:

[Activity Counts—for All Ages!](#)

[Ten Smart Snacks for Teens](#)

Healthy Eating:

[Grade-A Grocery List: Tips to Prevent Type 2 Diabetes](#)

[Step up to Nutrition and Health and Help Prevent type 2 Diabetes](#)

[The 411 on Healthy Eating](#)

[Preventing Type 2 Diabetes When You're On-the-Go](#)

Prevention and Weight Loss

[A Step in the Right Direction: Lose Weight & Lower Your Risk for Type 2 Diabetes](#)

[Lose Weight and Lower Your Risk for Type 2 Diabetes](#)